

# Parent Expo 2012



Parents and caregivers of kids from birth to age 12 are invited to attend. Attend one or more **FREE** parent education sessions and learn about community resources during this family-centered day, just for parents. Information session topics include:

***Bully-Proofing My Child - keynote presentation***

***Sports Injuries***

***Early Literacy***

***Love and Logic ®***

***Cooking for Fun***

***Parent's Right to Say NO***

***Power of Play***

***Childhood Obesity***

***Study Skills***

**See the other side for the full block-buster line up!**

We are also pleased to announce that the **PRESCHOOL FAIR** will be incorporated into the Parent Expo this year. We have invited 65 preschools and child care centers to host vendor booths at the Parent Expo, thus providing parents the largest single venue for meeting and talking to staff of preschool and child care centers.

**Child care is provided for children three years and over at no charge with reservations.**

**Call Aly at 309-834-5266 for child care reservations by 2/8/12. Limited Spaces are Available.**

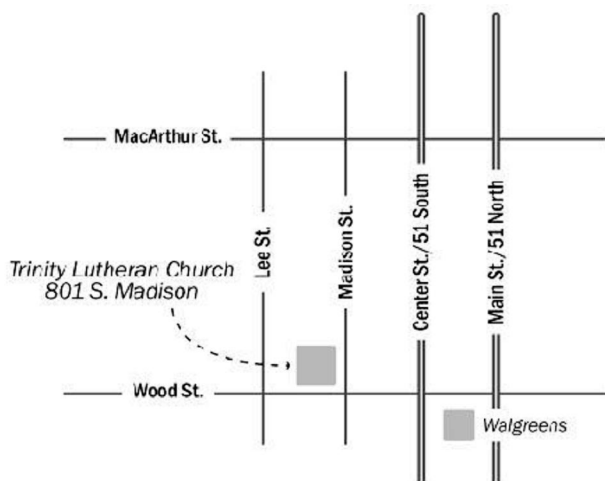
***We will have a few child care spaces available for first come first serve walk-ins.***

Sponsors: Parent Enrichment Action Team of the All Our Kids: Early Childhood Network McLean County Health Department, Child Care Resource & Referral Network (CCRRN), Children's Home + Aid of Illinois, Regional Office of Education #17, PATH, SPICE of Maricopa, Easter Seals, Noah's Ark Preschool at St. John's Lutheran Church, Housing Authority of The City of Bloomington & Bloomington Public Library

**- FREE! -  
Absolutely no cost to attend!  
Free lunch for those attending the last session. Pre-registration is appreciated but not required.  
309-834-5266**

**Saturday, Feb 18, 2012  
8:30am to 1:15pm**

**Trinity Lutheran Church  
801 S. Madison St.  
Bloomington, IL**



**Expo schedule on back >**

## **8:30 - 12:00 p.m. Free Registration (coffee and refreshments)**

Vendor Exhibits

Child Care Check-In

## **9:00 - 10:00 a.m. Session 1 (choose one)**

### **Sports Injuries: PeeWee to Elementary**

*Dr. Aaron Traeger, Advocate Medical Group Pediatrics*

Sport injuries are not just for the pros! Pee Wee Soccer, Little Mites Football, Toddler Tumbling and Infant Swimming are all arenas for possible injuries. Find out more about common injuries in youth sports and how to address injuries in your young child.

### **Early Literacy: Time to Talk**

*Georgianne Schau, Bloomington Public Library*

We all know that reading to your young child is good, but not always that easy. Come and get tips on making book sharing time an enjoyable experience for yourself as well as your child. Soon they will be saying "Read it again!"

### **Love and Logic ®**

*Erik Nicoson, The Baby Fold*

Love and Logic ® provides simple and practical techniques to help parents with kids of all ages raise responsible kids, have more fun in their role, and easily and immediately (first use) change their children's behavior. Love and Logic is a philosophy founded in 1977 and is the approach of choice among leading educators, parents and other professionals worldwide.

### **Cooking for Fun: Nutrition with your Children**

*Kim McClintock (OSF Healthcare)*

Getting your young child to eat can be hard enough, but getting them to eat healthy can be near impossible. Learn the importance of healthy eating for a young child and how to make those "ucky" more "ummy" by including your child.

## **10:20 - 11:50 a.m. Keynote Speaker**

### **Bully-Proofing My Child**

*Kellie Rubbel-Hendricks, Project Oz*

Bullies are not just on the school playground anymore. Is my child a bully? Is my child a victim? Arm your child with the skills to be "bully-proofed"! Learn more about bullying today and how to help your kids avoid cyber-bullying.

## **12:15 - 1:15 p.m. Session 2 (choose one)**

### **Parent's Right to Say NO!**

*Julia Bozarth, Collaborative Solutions*

"No, you can't have a cell phone." "No, you cannot get a Facebook page." "No, you can't watch that movie." Peer pressure is not just about the kids...sometimes it's pressure for the parents too! Discuss the pressure to give in to your kids in today's world and how to tell your kids "No" without the guilt.

### **Power of Play**

*Christy Kosharek, SPICE of Marcfirst*

Playing is your child's job! Come and discuss how play is important to your child's development and growth, and learn how to make play work for your child.

### **Childhood Obesity**

*Dr. Andrea Kane, Advocate Medical Group Pediatrics*

Obesity is a growing epidemic in our children's world and it can sneak up out of nowhere. Fast food options and quick meals on the go make it hard to ward off too. Come to learn more about the dangers of childhood obesity and how to head it off at the pass.

### **Study Skills: Starting Off Right!**

*Barb Fulk, Illinois State University*

Homework is not what it used to be! Learning good study habits is a skill that begins at kindergarten if not earlier. Come learn how good study skills are not only important to your child's education, but to your own sanity.